

Chicken in Toast Cups

Preparation time	30 minutes
Cooking time	30 minutes
Servings	4-5 (8 toast cups, 1 to 2 per person)
Cost per serving	\$1.80
Storage	The sauce will keep for 3 days in the fridge. Can be frozen. The sauce should be added to the toast cups right before serving.
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, muffin tin, large pot, whisk, large bowl, spatula, wooden spoon.



Ingredients



8 slices
whole-wheat bread



15 ml (1 tbsp)
canola oil



1 large **yellow onion**,
peeled and chopped

TO MAKE THE BECHAMEL SAUCE



90 ml (6 tbsp) **butter**
or non-hydrogenated
margarine



2 **celery** sticks,
finely diced



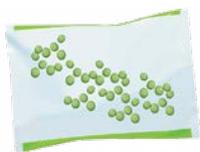
2 **carrots**, peeled
and finely diced



500 ml (2 cups)
cooked **chicken**,
cut into small pieces



90 ml (6 tbsp)
flour



250 ml (1 cup)
frozen green peas



15 ml (1 tbsp)
dried parsley

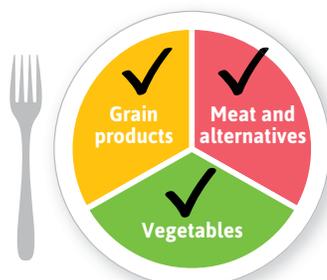


Salt and pepper
to taste



1 L (4 cups) **milk**

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Balanced plate

Serve with:

? A fruit

? A glass of milk or fortified soy beverage

Directions

- 1 Place oven rack in the middle position and preheat the oven to 180°C (350°F). Oil a muffin tin.
- 2 Press a **slice of bread** gently into each muffin round to make little cups and bake for 12 to 15 minutes, or until the bread is toasted on both sides.
- 3 In a frying pan, heat the **butter** or margarine, then add the **onion**, **celery** and **carrots** and cook for about 5 minutes.
- 4 Add the **flour** and mix well to avoid lumps. Gradually add the **milk**, stirring constantly with a whisk until the sauce thickens.
- 5 Add the **cooked chicken**, **green peas** and **parsley**. Stir and cook for about 4 more minutes, or until the sauce is heated through. Add **salt** and **pepper** to taste.
- 6 Serve in the little toast cups.



My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition